



# *Critical Days of Summer*

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## Seat Belt Safety



**Brought to you by:  
The Naval Safety Center**





# *Statistics*

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- ★ 51% of the Sailors and Marines in cars and light trucks who died in accidents from FY02 through FY04 were not wearing seat belts.



# *Safety Tips*

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- ★ Always wear your seat belt. Insist that passengers wear theirs as well.
- ★ Always wear both the lap belt and shoulder belt.
- ★ Never slip the shoulder belt behind your body or under your arm.
- ★ Be sure the belt fits snugly against your body.
- ★ Pregnant women should wear their seatbelts.
- ★ Children under the age of 12 should always ride in the back seat.
- ★ Children in safety seats should ride in age- and size-appropriate seats. Child seats should never be placed in the front seat.



# *Suggested Best Practices*

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## ★ **Insist that passengers wear their seatbelts.**

- An unrestrained person can become a projectile during an accident, causing severe injury or death to other occupants, even if they *are* wearing their seat belts.



## ★ **Avoid transporting unrestrained objects.**

- Just like an unbuckled person, an object that is not tied down during an accident can become a projectile. Make a habit of transporting items in the trunk, if possible.





# *Lessons Learned*

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- ★ A Sailor was getting into his car to go to the grocery store just a few blocks away. It was raining hard. He didn't want to wear his seatbelt, but his girlfriend insisted. After traveling only 200 feet, they were in a serious accident. Their seat belts saved their lives.
- ★ Lesson: Doesn't matter how far you're going ... 100 miles or 100 feet. You might need that seat belt. As a side note, the "girlfriend" is now his wife.



# Myth Busters

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★ Myth: I don't have to wear my seatbelt because I'm a safe driver. I've never been in an accident, and I'm sure I never will.



★ BUSTED: Only a moron would say that, and even if you *were* the best driver on the road, there are millions of other drivers just looking for someone to run their own cars into. That "someone" could be you!





# *Myth Busters*

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- ★ Myth: My car has airbags. They're enough to save me in a crash so a seatbelt is not necessary.



- ★ BUSTED: Anyone who thinks this has nothing but "air bags" between their ears. An airbag prevents your body from slamming against the dash, but won't prevent you from flying all over the car like a ping-pong ball. That's what seat-belts are for.





# *Myth Busters*

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- ★ Myth: If I am in a serious accident, a seat belt might hinder my escape if the car is on fire or might prevent someone from saving me if I'm unconscious.



- ★ BUSTED: Great, so don't wear your seatbelt. That-a-way you'll be ejected through the windshield and you won't have to escape. You won't even have to bother the paramedics with a trip to the hospital, either, cause they can take your body straight to the morgue.







# FAQs

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## ★ Question

- I know I have to wear a seat belt on base, but I can take it off when I leave the gate, right?



## ★ Answer

- Not! You are required to wear your seat belt both on and off base. Besides almost every state has a seat belt law, so you're in violation if you drive without one anyways. Always wear your seat belt.





*Work, Play, Live ...  
Safely!*

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